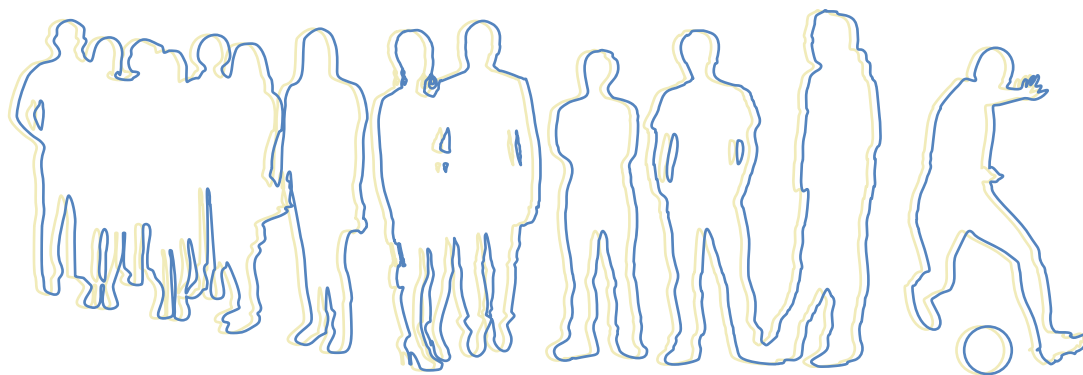
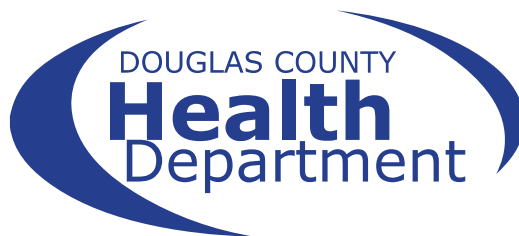




YOUTH RISK 2012

BEHAVIOR SURVEY

A snapshot of health-risk behaviors reported by high school students in Douglas County, Nebraska.

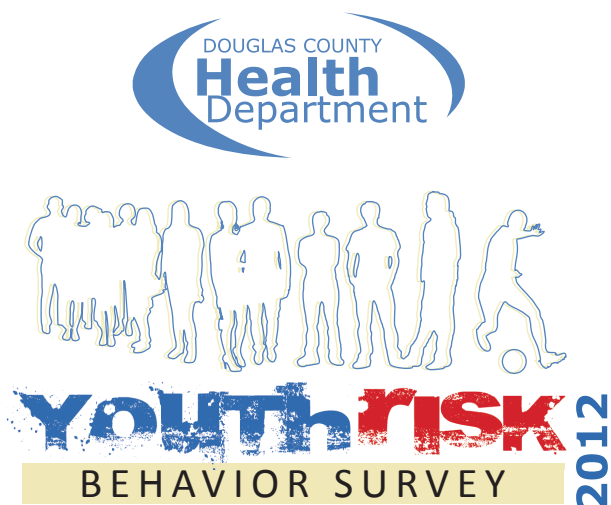
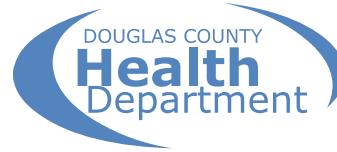


Table of Contents

Executive Summary	2
Summary of results for selected indicators	
Weight, Physical Activity, and Nutrition	9
Overweight and Obesity	
Self Perception of Weight and Actions to Control Weight	
Physical Activity	
Physical Education	
Screen Time Not Related to School	
Fruit and Vegetable Consumption	
Breakfast Consumption	
Beverage Consumption	
Personal Safety, Violence, and Bullying	21
Bicycle Helmet Use	
Seatbelt Use	
Alcohol Impaired and Distracted Driving	
Physical Fighting	
School Safety and Violence	
Bullying	
Dating Violence	
Mental Health and Suicide	30
Mental Health and Suicide	
Suicide Attempts	
Substance Use	33
Tobacco Use	
Alcohol Use	
Marijuana Use	
Prescription Drug Use	
Illegal Drugs on School Property	
Other Drug Use	
Sexual Behavior	47
Sexual Intercourse	
Pregnancy Prevention	
HIV AIDS	
Other Selected Indicators	54
Dental Visits	
Asthma	
Indoor Tanning Device Use	
Methodological Notes	58



Executive Summary

The Youth Risk Behavior Survey (YRBS) is a national, anonymous, school-based survey of public high school students that was developed by the Centers for Disease Control and Prevention (CDC). The survey has been conducted by all states since 1991. Nationwide, the YRBS is conducted every two years among students in grades 9-12. More information on the national YRBS can be found on the CDC website at <http://www.cdc.gov/yrbs>.

The YRBS measures the prevalence of behaviors and risk factors that contribute to the leading causes of death, disease, and injury among youth. The survey provides local information about Douglas County students and helps communities and schools increase the resiliency of young people by reducing high-risk behaviors and promoting healthy behaviors. The YRBS helps us:

- **monitor trends** in adolescent health and risk behaviors
- **assess** Douglas County student risk behaviors in the context of students nationwide and in Nebraska
- **recognize** positive health risk behaviors and success of our youth
- **plan, evaluate, and improve** community and school programs that prevent health problems and promote healthy behaviors

The Douglas County survey was conducted during the fall of 2012 in all 16 public high schools. A sample of classrooms in each school was selected based on a multi-stage, cluster sample design. Of the 2,212 students in the sampled classrooms, 1,087 students returned parental consent forms, and filled out the survey for a response rate of 49%. The response rate for this survey was not high enough for the results

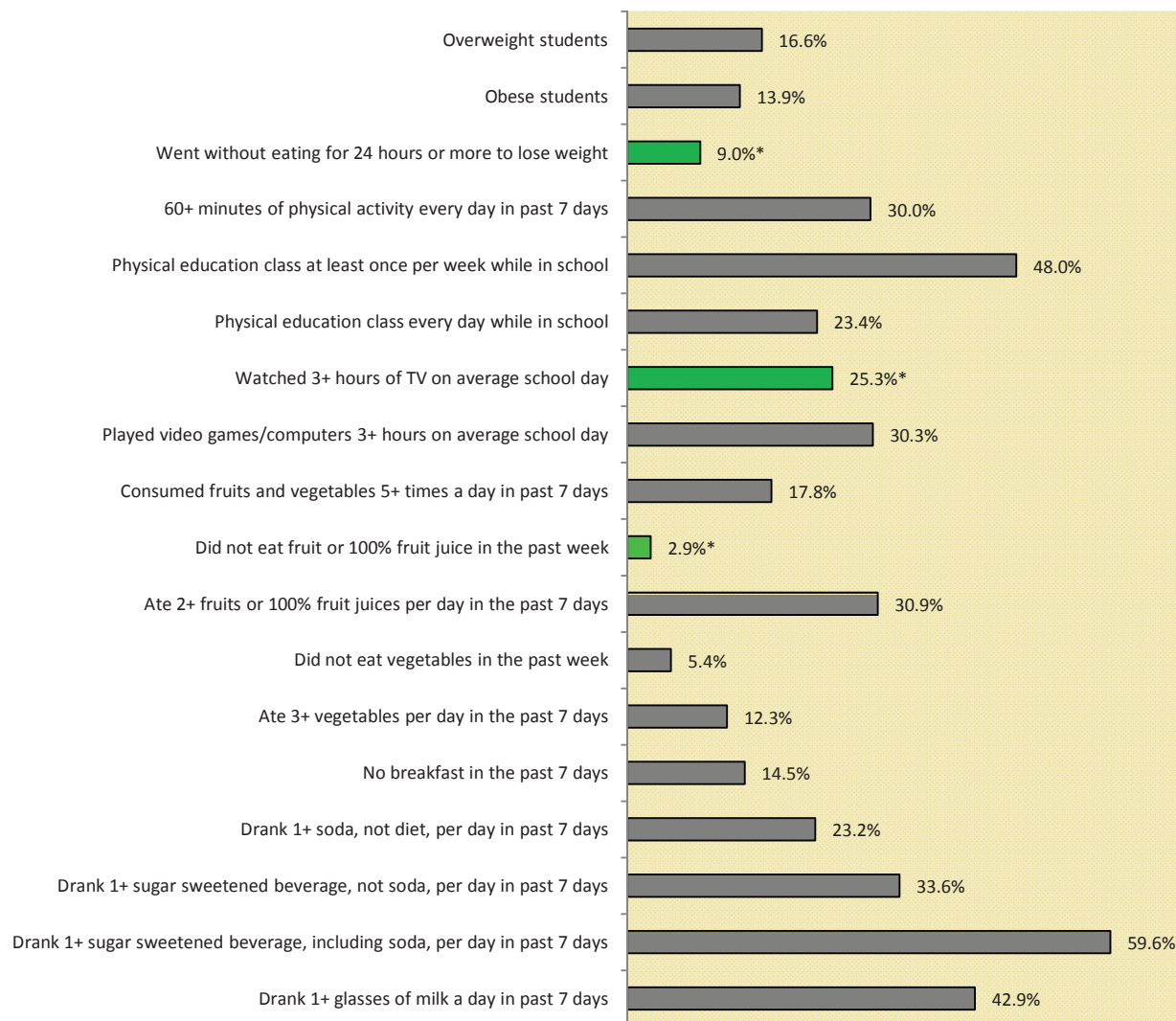
to be generalized to the entire Douglas County public high school population. Therefore, the results should only be used to describe behaviors of those students who completed the survey. More information on methodology can be found in the methodological notes at the back of the report.

Results in this report are grouped into six areas: 1) weight, physical activity, and nutrition; 2) personal safety, violence, and bullying; 3) mental health and suicide; 4) substance use; 5) sexual behavior; and 6) other selected indicators. Douglas County students did significantly better than students nationwide in 27 of the 96 indicators, particularly in the areas of physical fighting, substance use, and sexual behavior. However, these students fared significantly worse than U.S. students in two indicators related to suicide attempts.

Following are summary charts that display the results for selected indicators by area. Results among Douglas County youth that are significantly different from youth across the nation are indicated in the summary charts by green or red bars and are highlighted in the body of the report with green or red arrows. Green indicates that Douglas County youth responding to the survey did significantly better than youth across the nation and red indicates that Douglas County youth did significantly worse. Significant differences between Douglas County youth and youth in Nebraska are discussed in the body of the report.

We thank the parents, principals, and superintendents who chose to participate in the YRBS, the teachers and school staff who administered or in other ways supported the survey, and the students who took the time and effort to share a piece of their lives with us.

Weight, Physical Activity, and Nutrition



Significantly better than US YRBS, 2011*

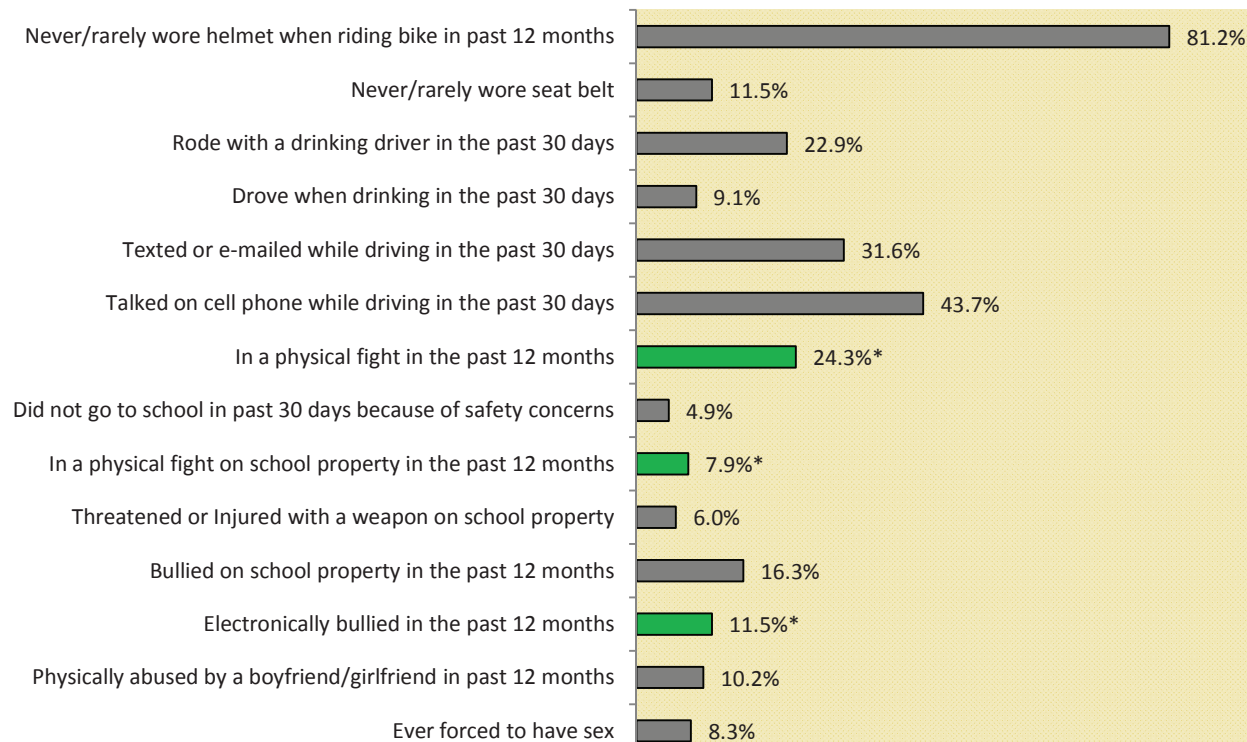
Not significantly different than US YRBS, 2011

Significantly worse than US YRBS, 2011**

Source: 2012 Douglas County Youth Risk Behavior Survey (YRBS)

Douglas County Health Department 05/10/2013

Personal Safety, Violence, and Bullying



Significantly better than US YRBS, 2011*

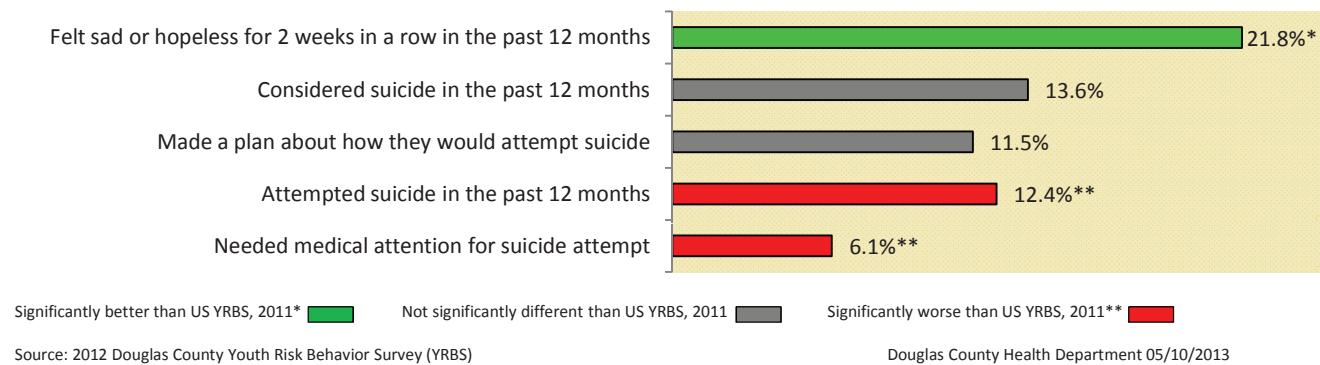
Not significantly different than US YRBS, 2011

Significantly worse than US YRBS, 2011**

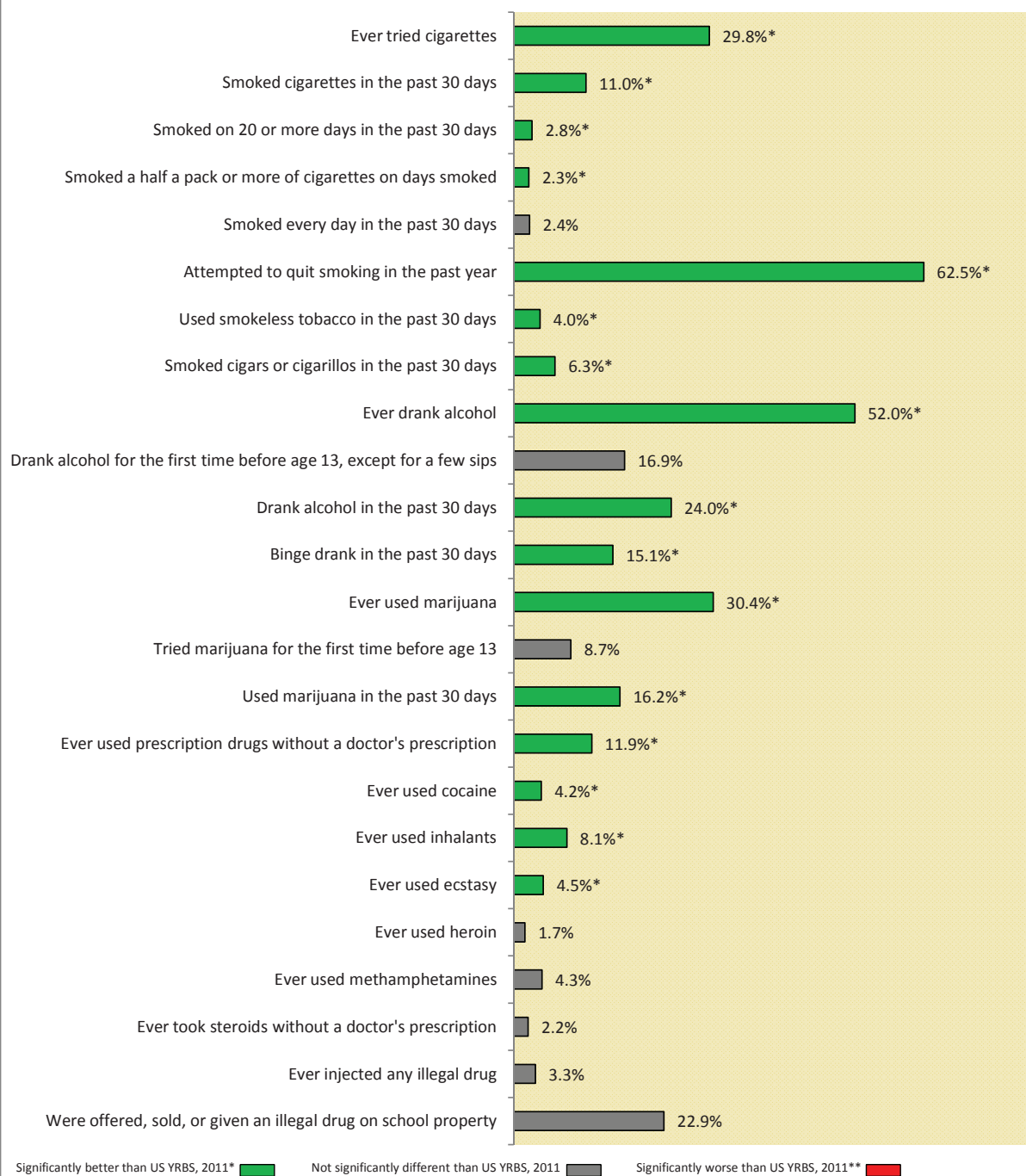
Source: 2012 Douglas County Youth Risk Behavior Survey (YRBS)

Douglas County Health Department 05/10/2013

Mental Health and Suicide



Substance Use



Significantly better than US YRBS, 2011*

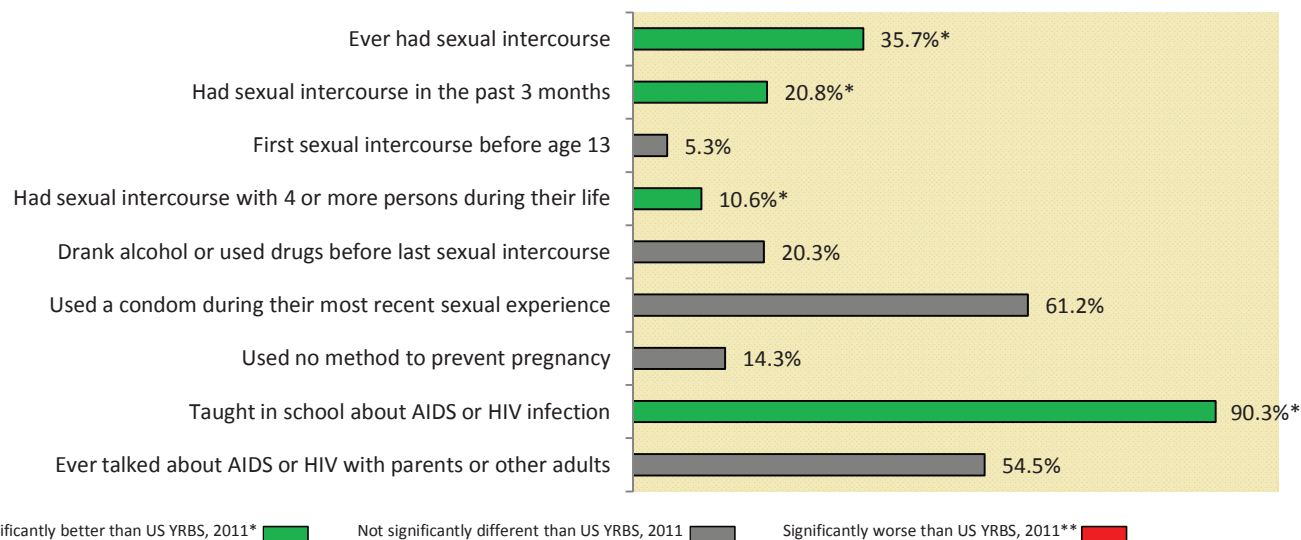
Not significantly different than US YRBS, 2011

Significantly worse than US YRBS, 2011**

Source: 2012 Douglas County Youth Risk Behavior Survey (YRBS)

Douglas County Health Department 05/10/2013

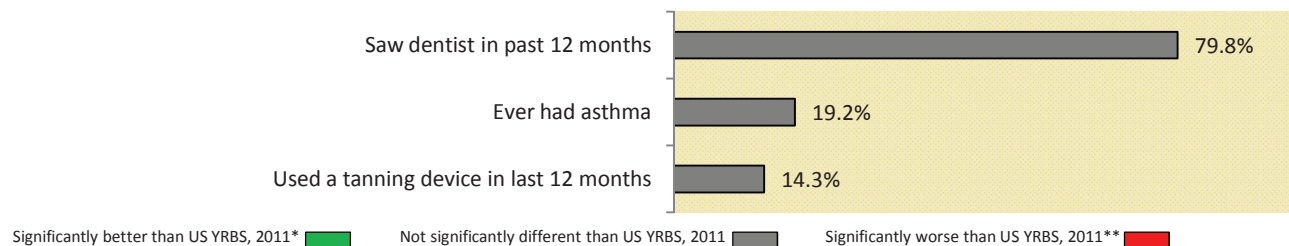
Sexual Behavior



Source: 2012 Douglas County Youth Risk Behavior Survey (YRBS)

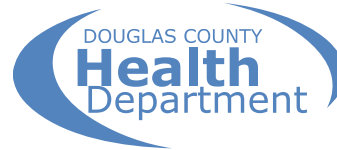
Douglas County Health Department 05/10/2013

Other Selected Indicators



Source: 2012 Douglas County Youth Risk Behavior Survey (YRBS)

Douglas County Health Department 05/10/2013



Weight, Physical Activity, and Nutrition

Overweight and Obesity

- Overall 30.5% of students reported that they were overweight (16.6%) or obese (13.9%).
- Males were significantly more likely to report being obese than females. There were no differences by grade.
- The percent of students who were overweight was not significantly different by grade or gender.



Weight

Percent of students who are:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Overweight (85th BMI percentile)	16.6%	17.5%	17.3%	15.1%	15.9%	14.0%	19.2%
Obese (95th BMI percentile)	13.9%	15.0%	13.5%	12.7%	15.0%	9.9%	17.7%

Body Mass Index (BMI)- weight in pounds multiplied by 703 divided by height in inches squared

Self-Perception of Weight and Actions to Control Weight

- Over one quarter (26.7%) of the students think of themselves as slightly or very overweight.
- Four in ten students (42.0%) report that they are trying to lose weight.
- » Students responding to this survey were significantly less likely to go without eating to lose weight or to keep from gaining weight (9.0%) than their state (11.2%) or national counterparts (12.2%). However, females were significantly more likely than males to report going without eating for 24 hours or more to lose weight (13.7% vs 4.0%).
- Nearly 4% of the students took diet pills, powders or liquids without a doctor's advice (3.7%), or vomited or took laxatives (3.6%) to lose weight.



Weight

Percent of students who:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Described themselves as slightly or very overweight	26.7%	26.0%	26.1%	26.7%	29.0%	30.2%	22.9%
Have been trying to lose weight	42.0%	37.2%	42.4%	42.2%	46.8%	52.8%	30.4%
Went without eating for 24 hours or more to lose weight	9.0%	9.0%	8.5%	9.1%	9.0%	13.7%	4.0%
Took any diet pills, powders or liquids without a doctor's advice	3.7%	2.8%	3.5%	5.1%	3.0%	3.5%	4.0%
Vomited or took a laxative to lose weight	3.6%	1.9%	2.7%	5.1%	4.9%	5.0%	2.2%

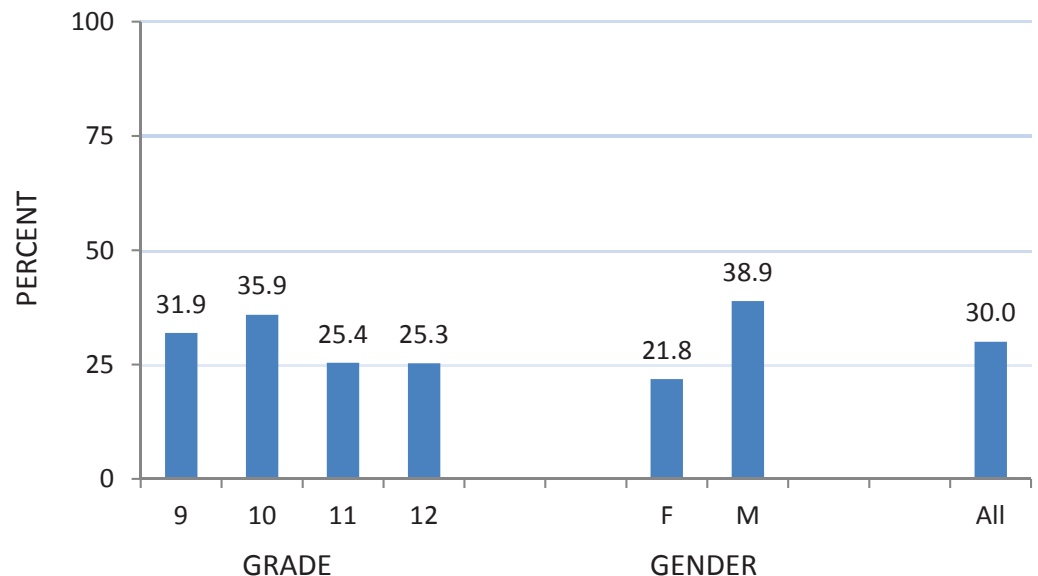
Physical Activity

- **Three in ten students (30%) participated in 60 minutes of physical activity every day, as recommended by the U.S. Department of Health and Human Services Guidelines.**
- Females (21.8%) were significantly less likely than males (38.9%) to participate in 60 minutes of physical activity daily. There were no significant differences by grade.
- Of all students, 11.2% reported zero days with at least 60 minutes of physical activity in the past week.
- Participation on one or more sports teams during the month prior to taking the survey was reported by 57.2% of the students.



Physical Activity

Percent of students who participated in at least 60 minutes of physical activity every day for the past seven days



Physical Education in School

- **Nearly one half of the students (48.0%) attended physical education classes at least once per week.**
- Students in the 9th and 10th grades were significantly more likely to attend physical education classes at least once per week than students in the 11th and 12th grades. There was no difference by gender.
- Students responding to the survey were significantly less likely to participate in daily physical education classes (23.4%) than students overall in the state of Nebraska (33.5%).



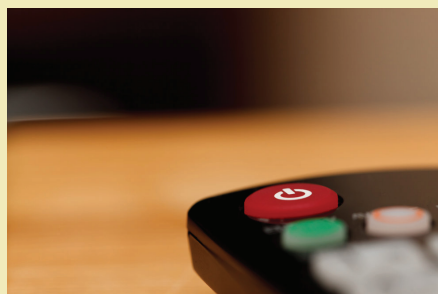
Physical Activity

Percent of students who attended physical education (PE) classes:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
One or more days in an average week when they were in school	48.0%	63.0%	54.8%	36.9%	35.2%	44.7%	51.3%
Daily in an average week when they were in school	23.4%	25.5%	26.2%	21.6%	19.7%	21.8%	25.1%

Screen Time Not Related to School

» One fourth of the students (25.3%) spent three or more hours per day watching TV on school days, significantly less than what is reported nationally (32.4%). There were no differences by gender or grade.

- Nearly one in three students (30.3%) spent three or more hours per day playing video or computer games or using the computer for non-school related activities, significantly more than reported by students overall in the state of Nebraska (21.1%). There were no significant differences by gender or grade.



Physical Activity

Percent of students who:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Watched three or more hours per day of TV on a school day	25.3%	31.2%	22.5%	25.0%	21.5%	22.4%	28.4%
Used computers three or more hours per day on a school day to play video or computer games, or something that was not school related	30.3%	33.3%	28.7%	29.8%	31.1%	28.4%	32.6%

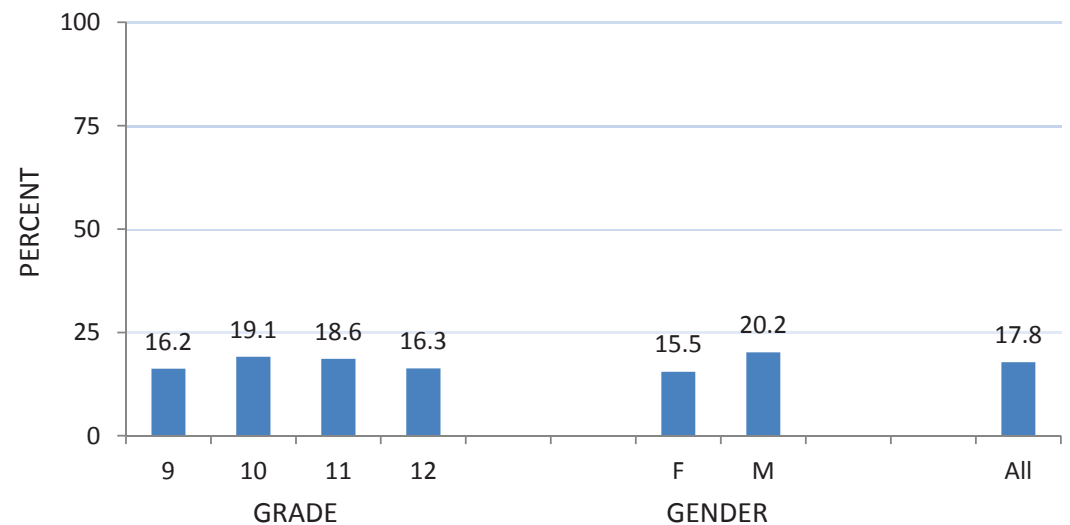
Fruit And Vegetable Consumption

- Less than one in five students (17.8%) ate fruits and vegetables five or more times per day in the past week.
- There were no significant differences by gender or grade.



Nutrition

Percent of students who ate fruits and vegetables five or more times per day in the past week



Fruit And Vegetable Consumption

- » Only 2.9% of students surveyed reported eating no fruits or 100% fruit juices in the past seven days. This result is significantly lower (better) than what is reported by students in Nebraska (4.7%) and nationally (4.8%).
- Over one third (35.8%) of students reported eating fruit at least once per day.
 - Three in ten (30.9%) students reported eating two or more servings of fruit or 100% fruit juice per day.
 - Of students surveyed, 5.4% reported they did not eat vegetables in the past week.
 - One in ten students (12.3%) reported eating at least three servings of vegetables every day.



Nutrition

Percent of students who during the past seven days:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Ate fruit one or more times per day	35.8%	31.5%	40.8%	38.8%	29.7%	36.4%	34.7%
Ate two or more servings of fruit or fruit juice per day	30.9%	28.7%	33.3%	32.5%	29.2%	27.3%	34.9%
Ate three or more servings of vegetables per day	12.3%	11.1%	11.5%	13.1%	12.5%	12.3%	12.3%

Breakfast Consumption

- Of all students surveyed, 34.5% reported eating breakfast every day.
- Over two thirds (67.1%) of the students reported eating breakfast on at least three or more days per week.
- 14.5% reported not eating breakfast in the past week.
- There were no significant differences by gender or grade.



Nutrition

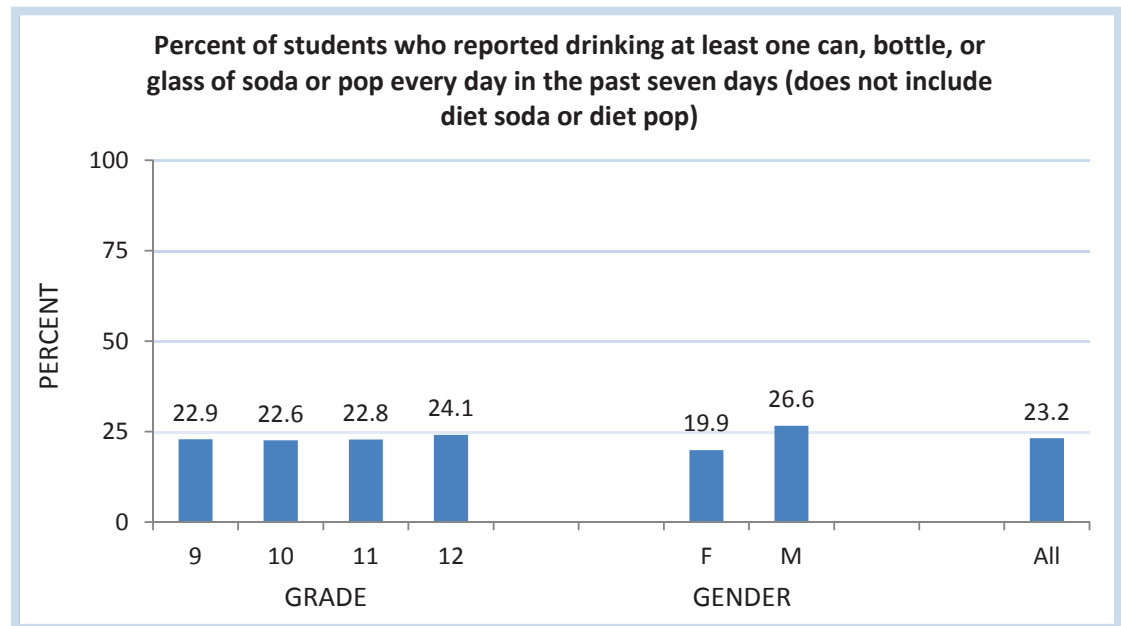
Percent of students who ate breakfast:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
On all of the past seven days	34.5%	39.7%	35.9%	35.1%	22.9%	30.0%	39.1%
On at least three of the past seven days	67.1%	69.9%	67.4%	68.4%	60.6%	63.9%	71.0%
On none of the past seven days	14.5%	15.8%	12.7%	10.9%	22.9%	16.1%	12.4%

Beverage Consumption: Soda

- Nearly one quarter of students (23.2%) drank at least one can, bottle, or glass of soda or pop (not including diet) daily.
- Although males reported drinking one soda per day more frequently than females, the difference was not statistically significant. There were no differences by grade.
- Almost one in ten students (9.3%) drank soda or pop three or more times per day.



Nutrition



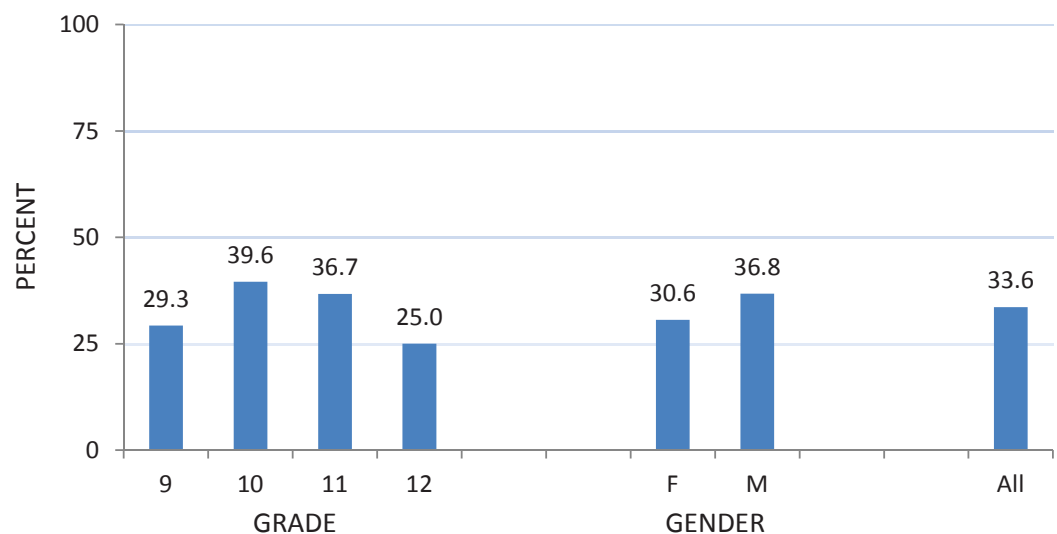
Beverage Consumption: Sugar-Sweetened Beverages, Excluding Soda

- Overall, 33.6% of the students drank at least one can, bottle, or glass of a sugar-sweetened beverage (excluding soda) such as lemonade, sweetened tea or coffee drinks, sports drinks, energy drinks, or flavored fruit drinks daily.
- There were no statistically significant differences by grade or gender.
- Of the students surveyed, 7.3% reported drinking three or more sugar-sweetened beverages per day.



Nutrition

Percent of students who drank a can, bottle, or glass of a sugar-sweetened beverage every day during the past seven days



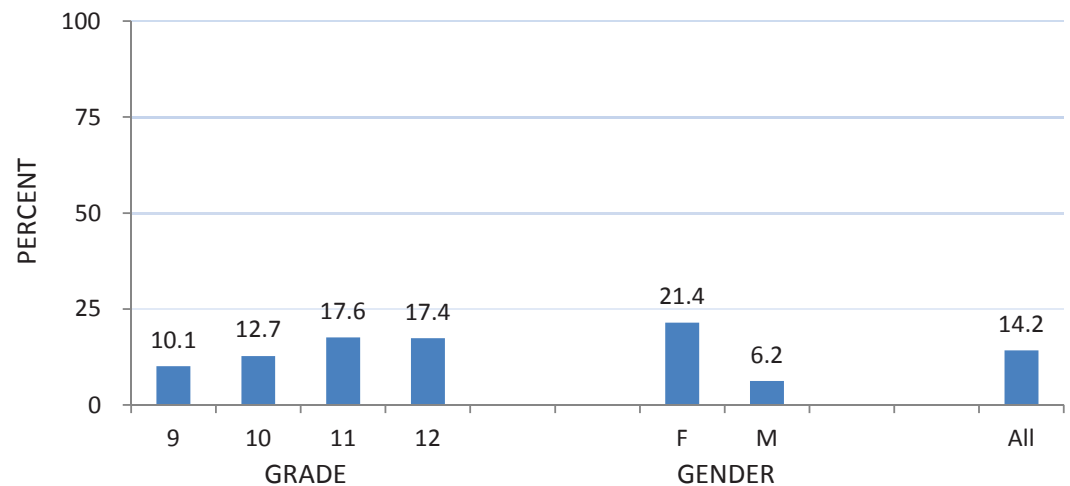
Milk Consumption

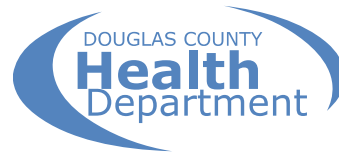
- Overall, 14.2% of students reported they did not drink milk during the previous seven days.
- Females (21.4%) were significantly more likely to report not drinking milk than males (6.2%).
- There were no significant differences by grade.



Nutrition

Percent of students who reported not drinking milk during the past seven days





Personal Safety, Violence, and Bullying

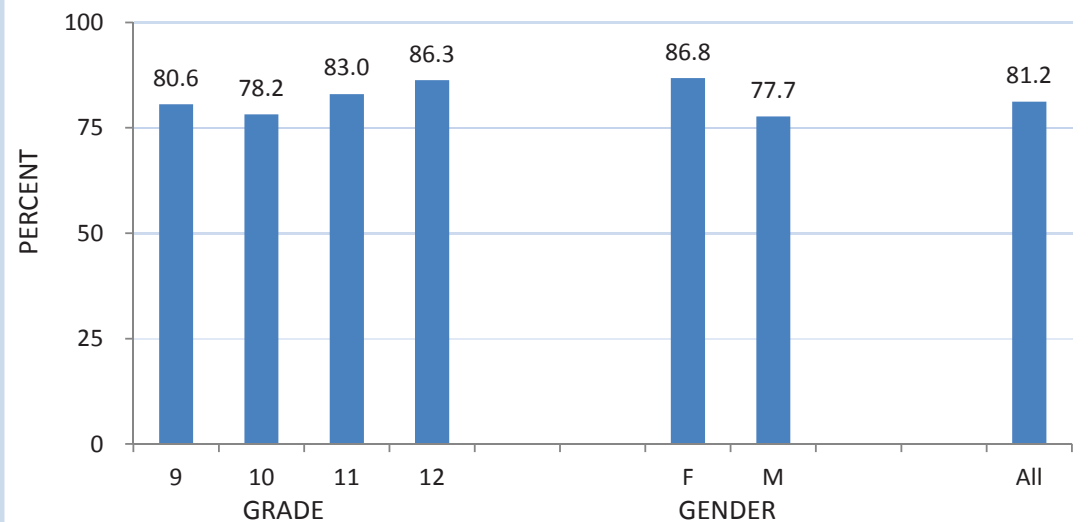
Bicycle Helmet Use

- Among bicycle riders, 81.2% of students reported that they rarely or never wore a bicycle helmet.
- There were no statistically significant differences by gender or grade.
- Students responding to the survey were significantly more likely (18.8%) than students in Nebraska (9.0%) to wear a helmet when riding a bike.



Personal Safety

Percent of students who rarely or never wore a helmet when riding a bicycle



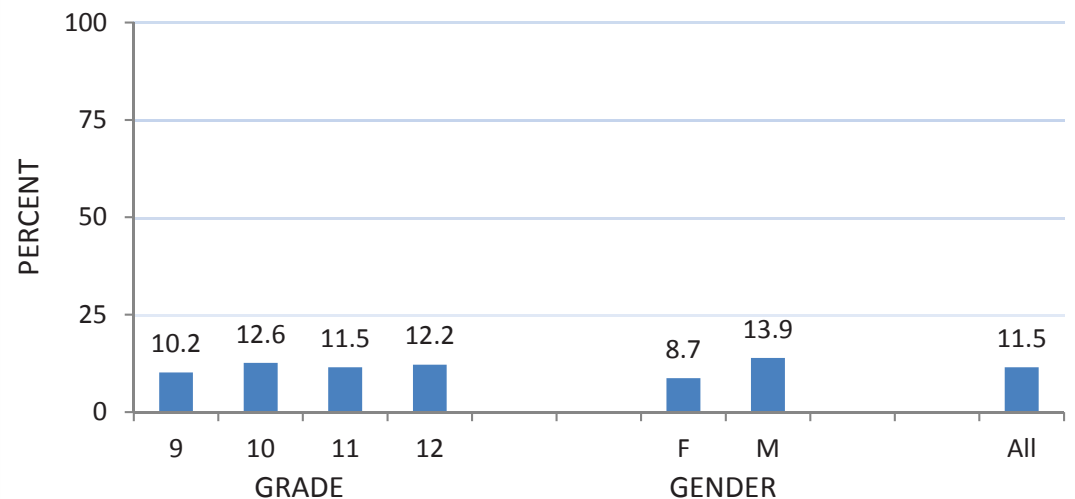
Seatbelt Use

- Overall, 11.5% of students surveyed reported they rarely or never wore a seat belt.
- There were no statistically significant differences by gender or grade.



Personal Safety

Percent of students who rarely or never wore a seat belt



Alcohol Impaired and Distracted Driving

- Nearly one in four students (22.9%) reported riding with a driver in the past 30 days who had been drinking alcohol.
- Overall, 9.1% of students reported that they drove a car or other vehicle one or more times in the last 30 days when they had been drinking alcohol.
- Of all students, 31.6% reported texting or emailing while driving and 43.7% reported talking on the phone while driving a car or other vehicle. Students in the 11th and 12th grades were significantly more likely to report these behaviors than 9th and 10th grade students.



Personal Safety

Percent of students who in the past 30 days:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol	22.9%	23.9%	20.9%	22.6%	24.3%	21.5%	24.2%
Drove a car or other vehicle one or more times when they had been drinking alcohol	9.1%	12.0%	8.1%	9.1%	7.1%	11.4%	7.0%
Emailed or sent a text while driving a car or other vehicle	31.6%	11.6%	15.7%	42.4%	44.4%	31.5%	31.9%
Talked on a cell phone while driving a car or other vehicle	43.7%	12.5%	23.3%	52.7%	67.9%	41.6%	46.2%

Physical Fighting

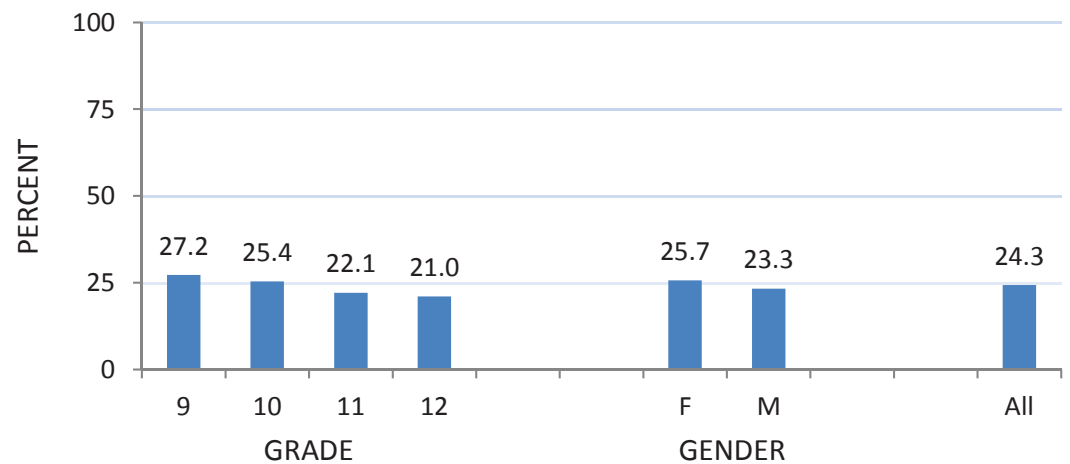
» One in four students (24.3%) reported being in a physical fight in the past 12 months, a finding significantly lower than what is reported in the U.S. (32.8%).

- There were no significant differences by gender or grade.



Violence

Percent of students who were in a physical fight during the past 12 months



School Violence And Safety

- In the 30 days prior to the survey, 4.9% of students did not go to school because they felt they would be unsafe at school or on their way to or from school.
- » In the past 12 months, 7.9% of students were in a physical fight on school property. This result is significantly lower than what is reported in the U. S. (12.0%).
- Of students surveyed, 6% were threatened or injured with a weapon on school property during the past 12 months.



Violence

Percent of students who:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Did not go to school during the past 30 days because they felt unsafe	4.9%	3.7%	7.3%	4.7%	3.6%	4.0%	5.6%
Were in a physical fight on school property during the past 12 months	7.9%	10.5%	10.6%	6.3%	2.4%	7.5%	8.5%
Were threatened or injured with a weapon on school property during the past 12 months	6.0%	7.3%	6.3%	4.8%	6.5%	4.6%	7.4%

Bullying

- During the past 12 months, 16.3% of the students reported being bullied on school property, significantly less than the 22.9% reported by students in Nebraska.

» Students responding to this survey were significantly less likely to report being electronically bullied (11.5%) in the past year than students in Nebraska (15.8%) and in the U.S. (16.2%).

- There were no statistically significant differences by gender or grade for either bullying on school property or electronic bullying.



Bullying

Percent of students who were in the past 12 months:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Bullied on school property	16.3%	19.0%	12.1%	19.8%	13.9%	19.2%	13.7%
Electronically bullied through email, chat rooms, instant messaging, websites, or texting	11.5%	13.4%	6.8%	12.6%	12.3%	14.7%	8.8%

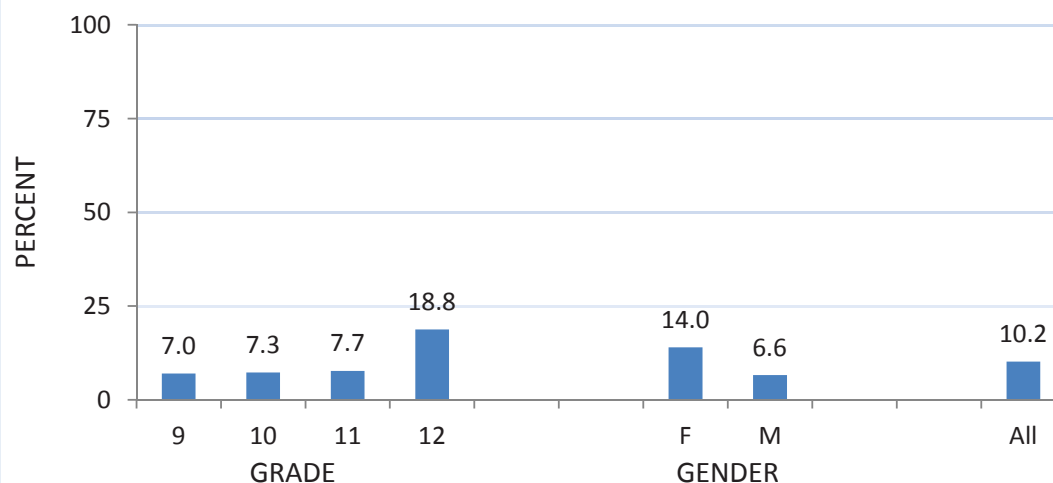
Abusive Behavior

- Overall, 10.2% of students surveyed were hit or physically hurt by a boyfriend or girlfriend during the past year.
- A higher percentage of 12th grade students reported being hurt by a boyfriend or girlfriend than younger students, but the difference was not statistically significant.
- Although more females reported being hurt than males, the difference reported between males and females was not statistically significant.



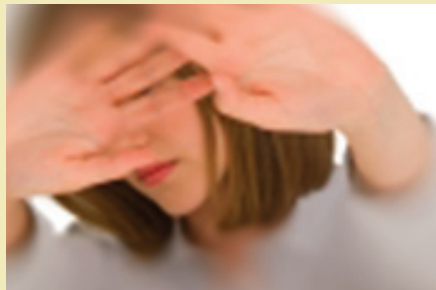
Dating Violence

Percent of students who reported being hit or physically hurt by a boyfriend or girlfriend in the past year

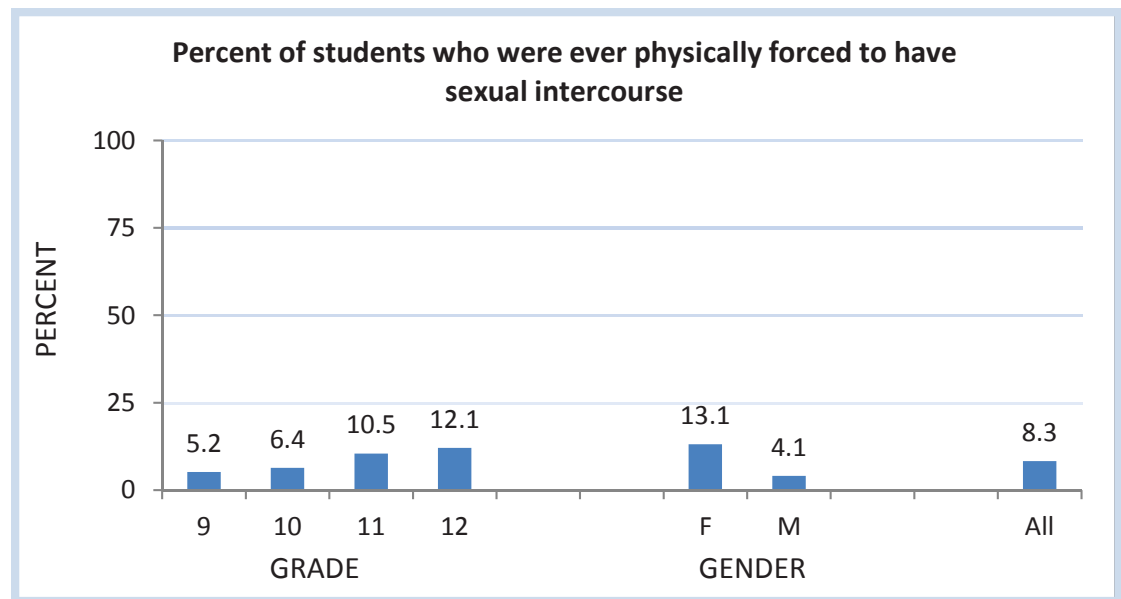


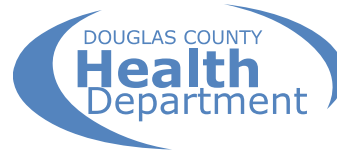
Forced Sexual Intercourse

- Of all students surveyed, 8.3% reported being physically forced to have sexual intercourse when they did not want to.
- Females were significantly more likely (13.1%) than males (4.1%) to report being forced to have sexual intercourse.
- There was no statistically significant difference by grade.



Dating Violence

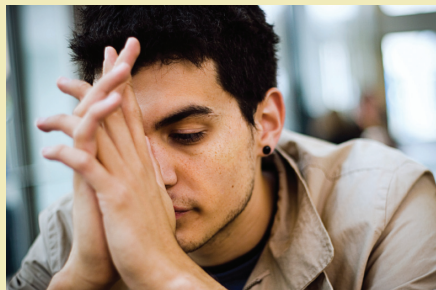




Mental Health and Suicide

Mental Health and Suicide

- » Students responding to this survey were significantly less likely to report feeling sad or hopeless almost every day at for at least two weeks (21.8%) than students across the nation (28.5%).
- Female students were significantly more likely (31.4%) than male students (13.0%) to report feeling sad or hopeless. There were no significant differences by grade.
 - Overall, 13.6% of the students had seriously considered suicide and 11.5% had made a plan for how they would attempt suicide.**
 - Females were significantly more likely than males to report that they had seriously considered suicide and had made a plan for how they would commit suicide.



Mental Health and Suicide

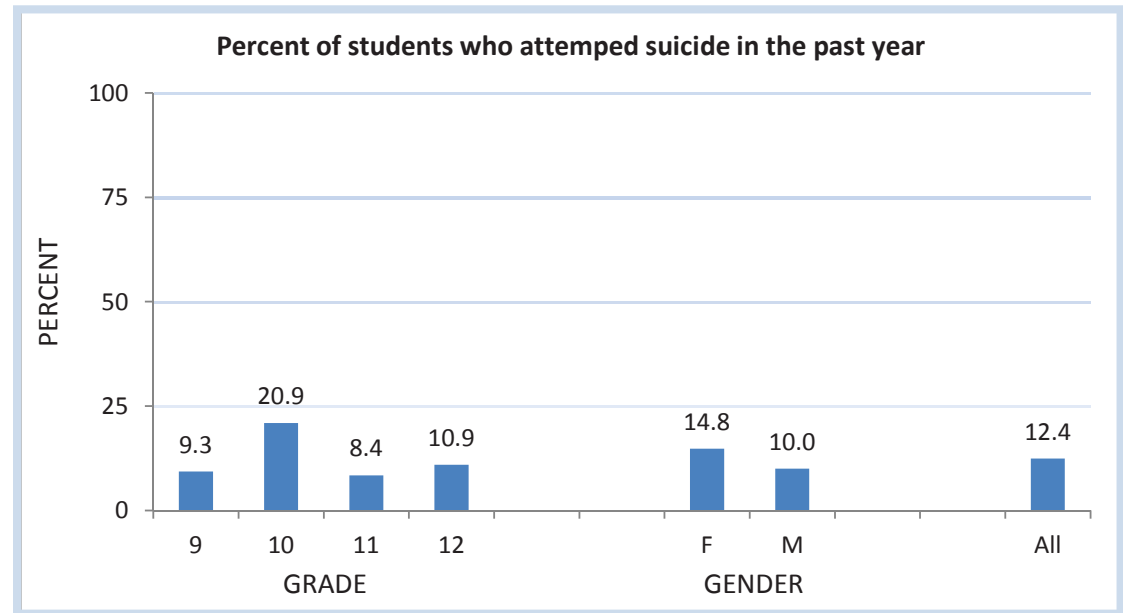
Percent of students who in the past 12 months:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Felt so sad or hopeless almost every day for at least two weeks or more in a row that they stopped doing some usual activities	21.8%	18.6%	24.4%	22.6%	20.7%	31.4%	13.0%
Seriously considered attempting suicide	13.6%	7.9%	17.2%	17.5%	11.7%	20.7%	7.4%
Made a plan about how they would attempt suicide	11.5%	6.0%	16.7%	11.6%	11.2%	16.3%	6.9%

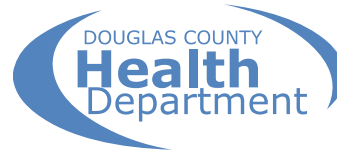
Suicide Attempts

- » Overall, 12.4% of students responding to this survey attempted suicide in the past year, making them almost twice as likely to have attempted suicide than students in Nebraska (7.7%) and in the U.S. (7.8%). There were no statistically significant differences by gender or grade level.
- » For 6.1% of the students who reported a suicide attempt, the attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse. The suicide attempts by students who responded to this survey were over 2.5 times more likely to result in a need for medical treatment than those reported among Nebraska (2.6%) and U.S. (2.4%) students.



Suicide Attempts





Substance Use

Have Ever Used Tobacco

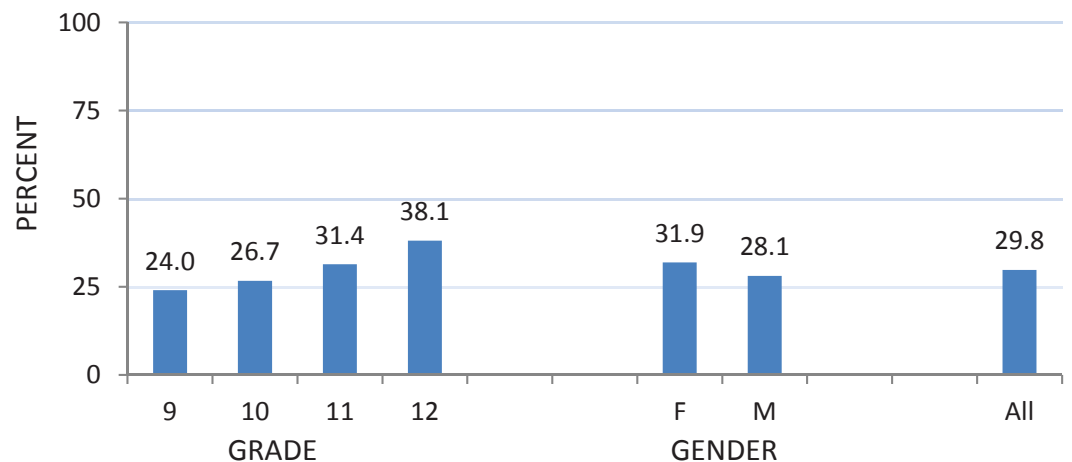
» Overall, 29.8% of students reported ever trying cigarette smoking, even one or two puffs. This is significantly lower than what has been reported for students across Nebraska (38.7%), and the nation (44.7%).

- 9th grade students were significantly less likely than 12th grade students to report that they had ever tried cigarette smoking. There was no statistically significant difference by gender.
- Of the students that had tried smoking, 7.1%



Tobacco Use

Percent of students who ever tried cigarette smoking, even one or two puffs



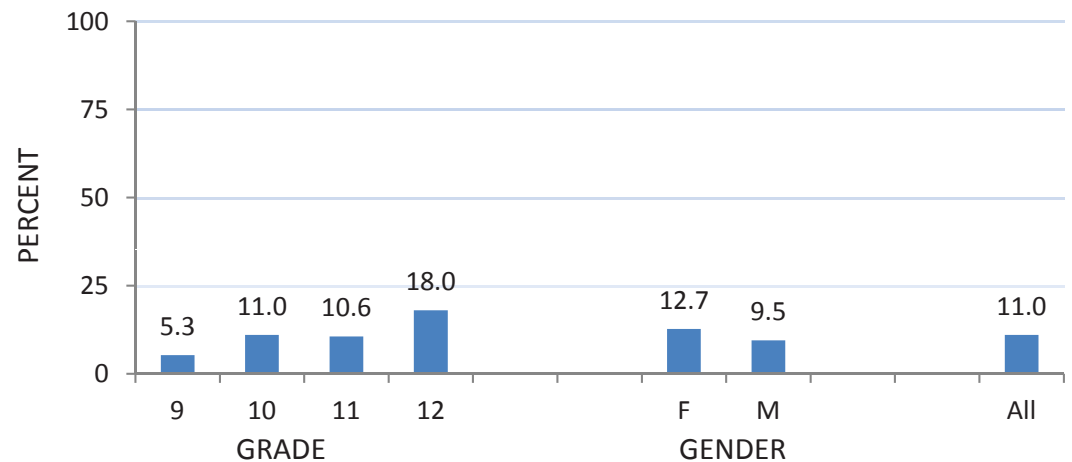
Current Cigarette Use

- » Of all students in the survey, 11% reported smoking at least once during the past 30 days. This result is significantly lower than that for students in the state of Nebraska (15.0%) and for students nationally (18.1%).
- Students in the 12th grade were significantly more likely to have smoked during the past 30 days than 9th grade students.
 - There was no significant difference by gender.



Tobacco Use

Percent of students who smoked cigarettes on one or more of the past 30 days



Cigarette Use On 20 Or More Days During The Past Month

» Overall, **2.8% of students smoked cigarettes on 20 or more days in the last month.** This result is significantly lower than reported by students in Nebraska (5.8%) and the U.S. (6.4%).

- Students in the 12th grade were significantly more likely to have smoked on 20 or more days in the last month than those in the 9th grade. There was no difference by gender.
- During the past 30 days, **2.4% of the students reported smoking every day.**

» Among students surveyed, **2.3% reported smoking more than ten cigarettes per day on the days they smoked, significantly lower than their state (7.1%) and national (7.8%) counterparts.**



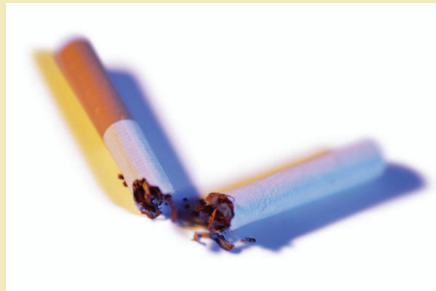
Tobacco Use

Percent of students who in the past 30 days:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Smoked on 20 or more days	2.8%	0.8%	1.5%	4.3%	5.0%	3.0%	2.7%
Smoked every day	2.4%	0.8%	0.7%	3.5%	4.6%	2.6%	2.1%

Attempt to Quit Smoking

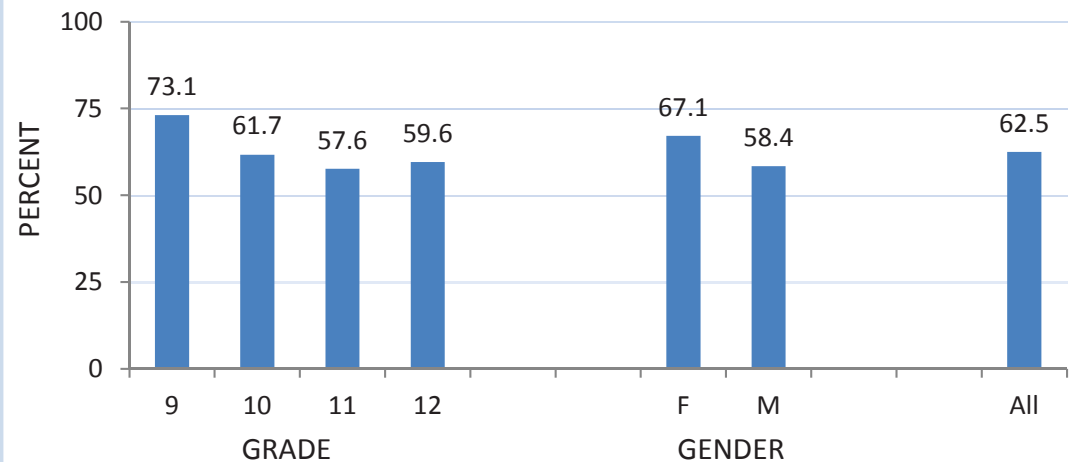
» Students responding to this survey were significantly more likely (62.5%) to have made an attempt to quit smoking than students in the U.S. (49.9%).

- There were no significant differences by gender or grade.



Tobacco Use

Percent of students who reported smoking in the past 30 days who tried to quit smoking in the past 12 months



Other Tobacco Use

- » Overall, 4.0% of students surveyed reported using chewing tobacco, snuff, or dip during the past 30 days, which is significantly lower than Nebraska students (6.4%) and for students nationally (7.7%). Males were significantly more likely (6.2%) than females (1.6%) to report the use of smokeless tobacco.
- » Similarly, students responding to this survey were significantly less likely (6.3%) to report smoking cigars, cigarillos, or little cigars than students across Nebraska (9.6%) and the nation (13.1%). No significant differences were seen by gender or grade.



Other Tobacco Use

Percent of students who:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Used chewing tobacco, snuff, or dip on one or more of the past 30 days	4.0%	3.0%	4.1%	3.2%	5.4%	1.6%	6.2%
Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	6.3%	3.8%	8.0%	7.3%	6.9%	5.4%	7.5%

Have Ever Used Alcohol

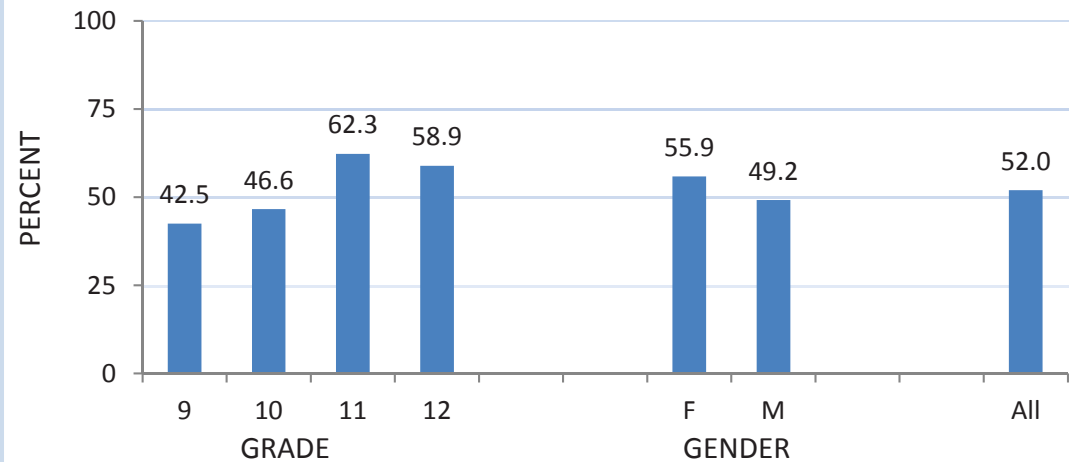
» **Over half of the students (52%) reported ever drinking alcohol.** This result is significantly lower than what is reported among Nebraska (60.6%) and U.S. (70.8%) students.

- Of students surveyed, 16.9% had their first drink of alcohol (other than a few sips) before their 13th birthday.
- Alcohol use increased significantly among students in 11th grade, compared to students in the 9th grade.



Alcohol Use

Percent of students who ever drank alcohol other than a few sips

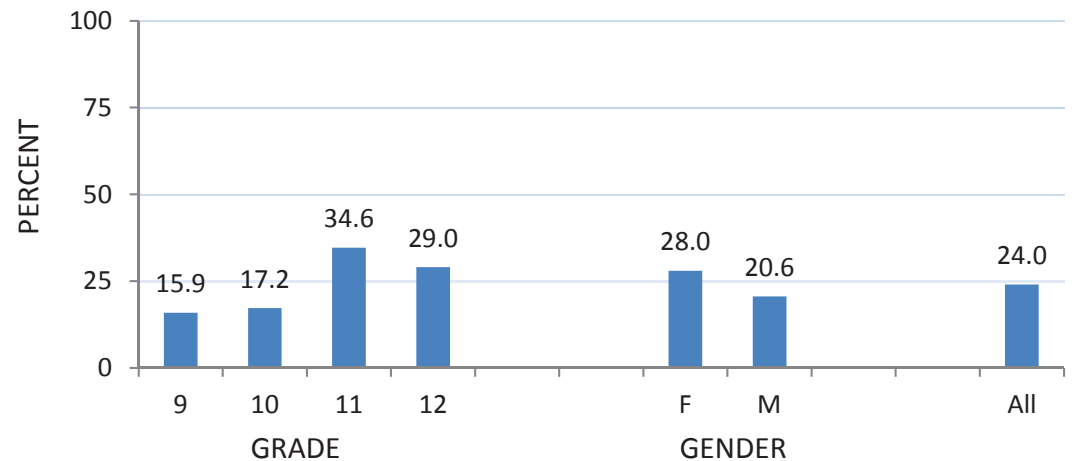


Alcohol Use In The Past 30 Days

- » **One fourth of the students (24%) drank alcohol in the 30 days prior to taking the survey.** This result is significantly lower than what is reported by students nationally (38.7%).
- Students in the 11th grade were significantly more likely to have used alcohol in the past thirty days than students in the 9th or 10th grades. There were no statistically significant differences by gender.
 - The usual source of alcohol, reported by 40.4% of students who used alcohol in the past 30 days, was “someone gave it to me”.
 - The most common type of alcohol used by students who drank in the past month was liquor (45.5%), such as vodka, rum, scotch, bourbon, or whiskey.
 - More than eight in ten students (84.1%) consumed their alcohol either at another person’s home (58.8%) or in their own home (25.3%).

Alcohol Use

Percent of students who consumed at least one drink of alcohol on one or more days during the past 30 days



Binge Drinking

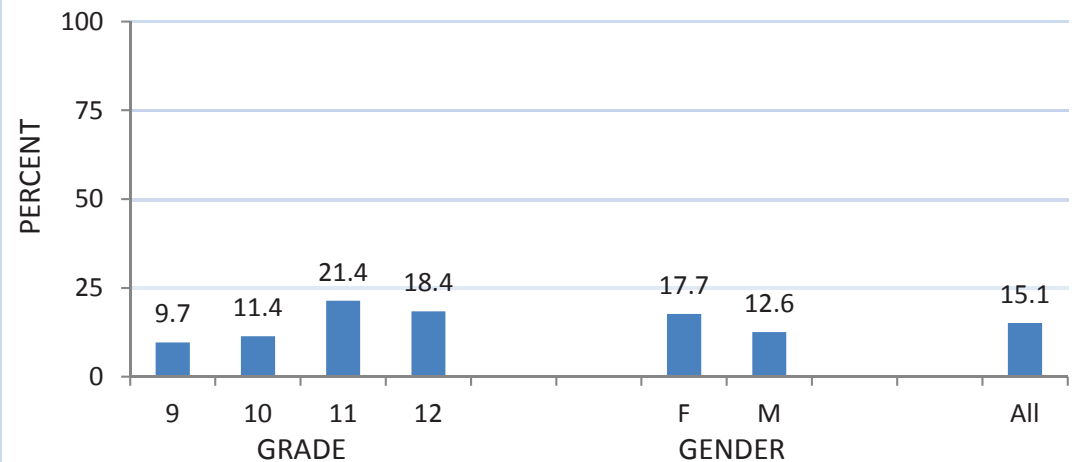
» Overall, 15.1% of students reported binge drinking, or having five or more drinks of alcohol in a row in the 30 days before taking the survey. This result is significantly lower than that seen among students across the nation (21.9%).

- There were no statistically significant differences by gender or grade level.



Alcohol Use

Percent of students who had five or more drinks of alcohol in a row on one or more of the past 30 days



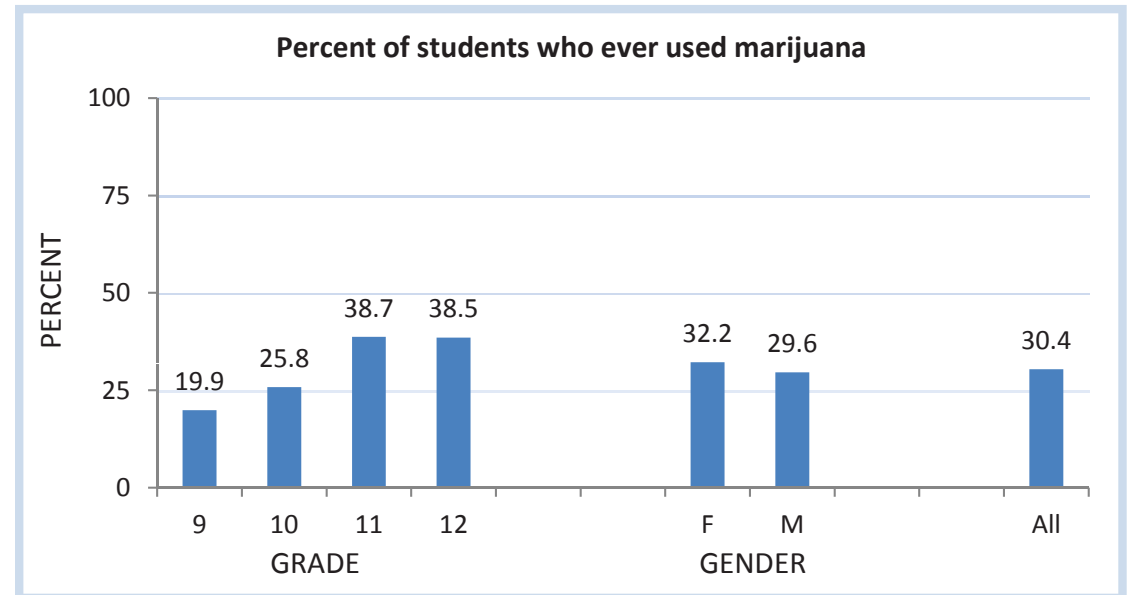
Have Ever Used Marijuana

» Nearly one third of the students (30.4%) reported ever having used marijuana, significantly less than reported nationally (39.9%) among students.

- Students in the 11th and 12th grades were significantly more likely than students in the 9th grade to report ever having used marijuana. There was no significant difference by gender.
- Of students reporting marijuana use, 8.7% first smoked marijuana before the age of 13.



Marijuana Use

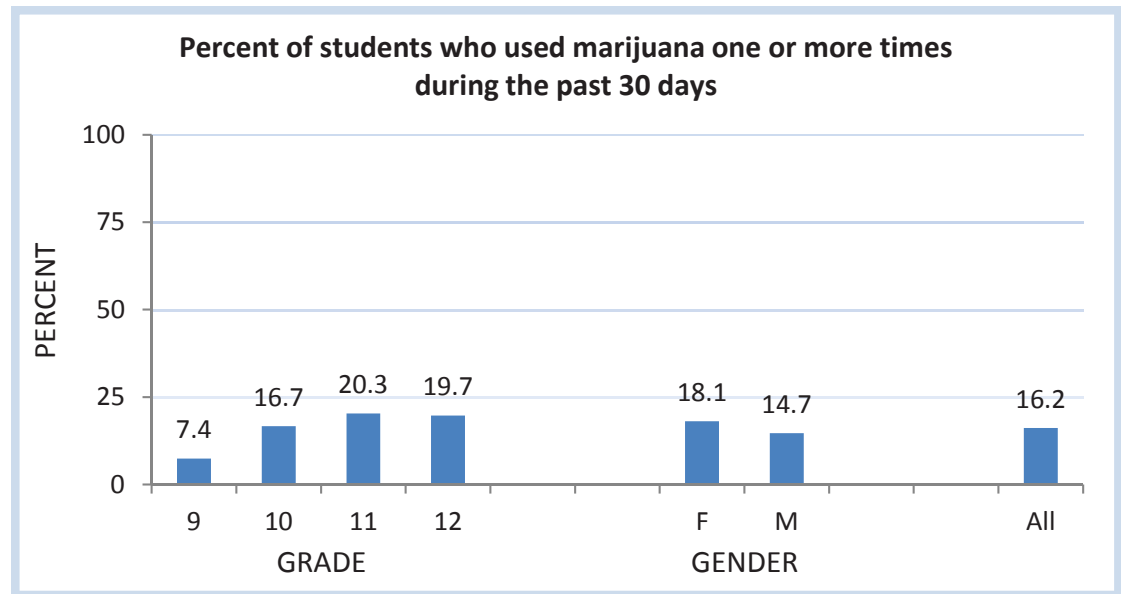


Current Marijuana Use

- » Overall, 16.2% of students surveyed currently use marijuana, a result significantly lower than that seen nationally among students (23.1%).
- Current marijuana use was significantly higher among students in the 11th and 12th grades in comparison to current usage among students in the 9th grade.
- There was no significant difference by gender.



Marijuana Use



Prescription Drug Use

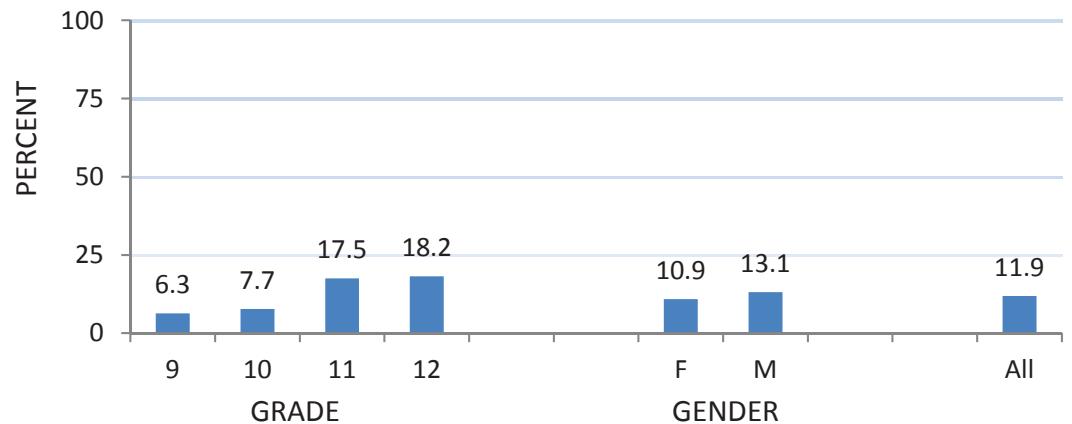
» Among students responding to this survey, **11.9% reported taking a prescription pain reliever or stimulant not prescribed for them.** This result is significantly lower than that reported among students nationally (20.7%).

- Students in the 11th and 12th grades were significantly more likely than students in the 9th grade to have taken a prescription drug without a doctor's prescription. There was no significant difference by gender.



Prescription Drug Use

Percent of students who ever took a prescription pain reliever or stimulant without a doctor's prescription

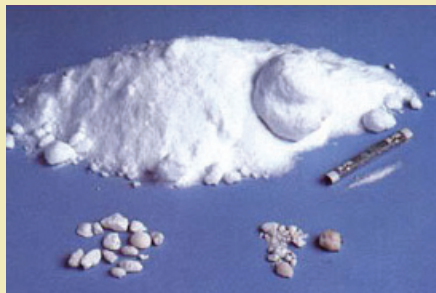


Other Drug Use

» Results for students reporting the use of cocaine (4.2%), inhalants (8.1%), and ecstasy (4.5%) were significantly lower than those seen among students across the nation.

Among U.S. students, 6.8% reported cocaine use, 11.4% reported using inhalants, and 8.2% reported use of ecstasy.

- Students responding to the survey also reported use of other drugs including heroin (1.7%), methamphetamine (4.3%), and steroids without a doctor's prescription (2.2%).
- Of all students, 3.3% reported using a needle to inject illegal drugs.



Other Drug Use

Percent of students who:	All	Gender*	
		Female	Male
Ever used cocaine	4.2%	4.1%	4.3%
Ever used inhalants	8.1%	10.3%	6.2%
Ever used ecstasy	4.5%	5.0%	3.8%
Ever used heroin	1.7%	2.9%	<1%
Ever used methamphetamines	4.3%	4.4%	4.6%
Ever used steroids without a doctor's prescription	2.2%	3.5%	1.1%
Ever used a needle to inject any illegal drug	3.3%	4.2%	2.6%

**Numbers too small for grade level breakdown.*

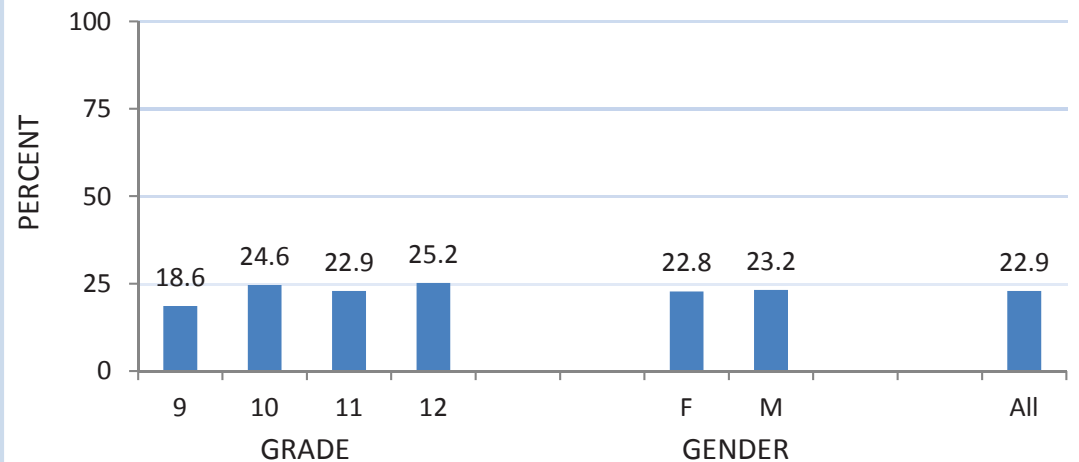
Illegal Drugs on School Property

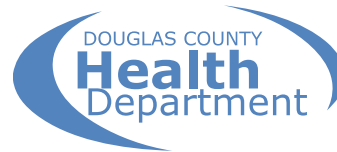
- In the past 12 months, **22.9%** of the students had someone offer, sell, or give the student an illegal drug on school property.
- There were no significant differences by gender or grade.



Other Drug Use

Percent of students who were offered, sold, or given an illegal drug by someone on school property



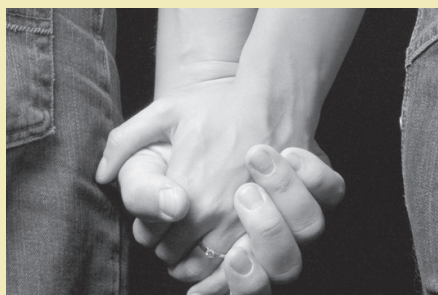


Sexual Behavior

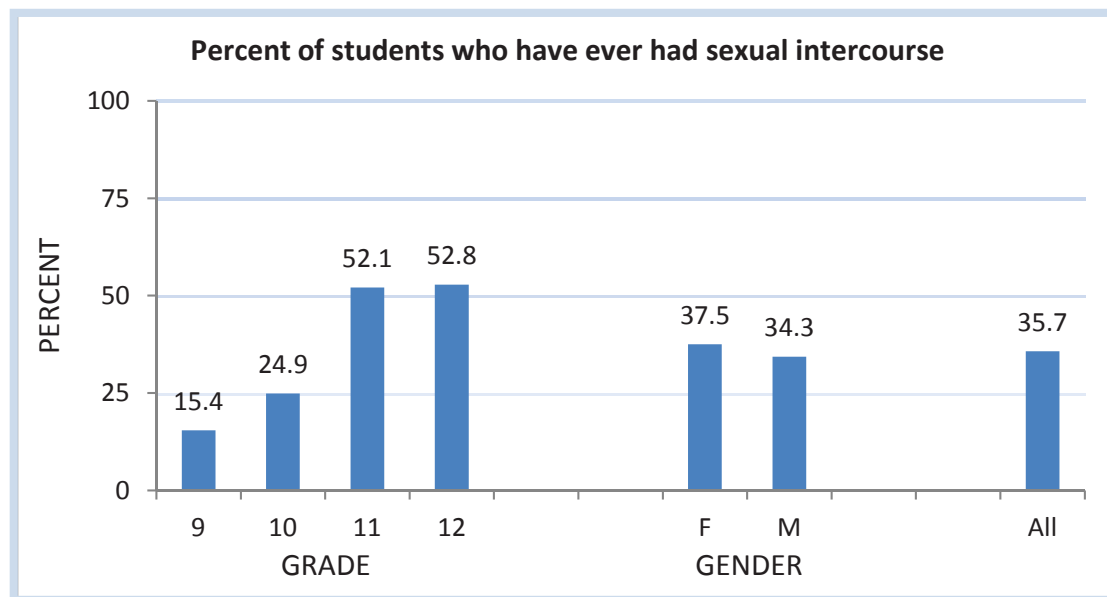
Have Ever Had Sexual Intercourse

» Among students completing the survey, **35.7%** reported that they had ever had sexual intercourse, a result that is significantly lower than what is reported nationally among students (**47.4%**).

- Students in the 11th and 12th grades were significantly more likely to report that they had ever had sexual intercourse in comparison to students in the 9th and 10th grades.
- There were no statistically significant differences by gender.



Sexual Behavior



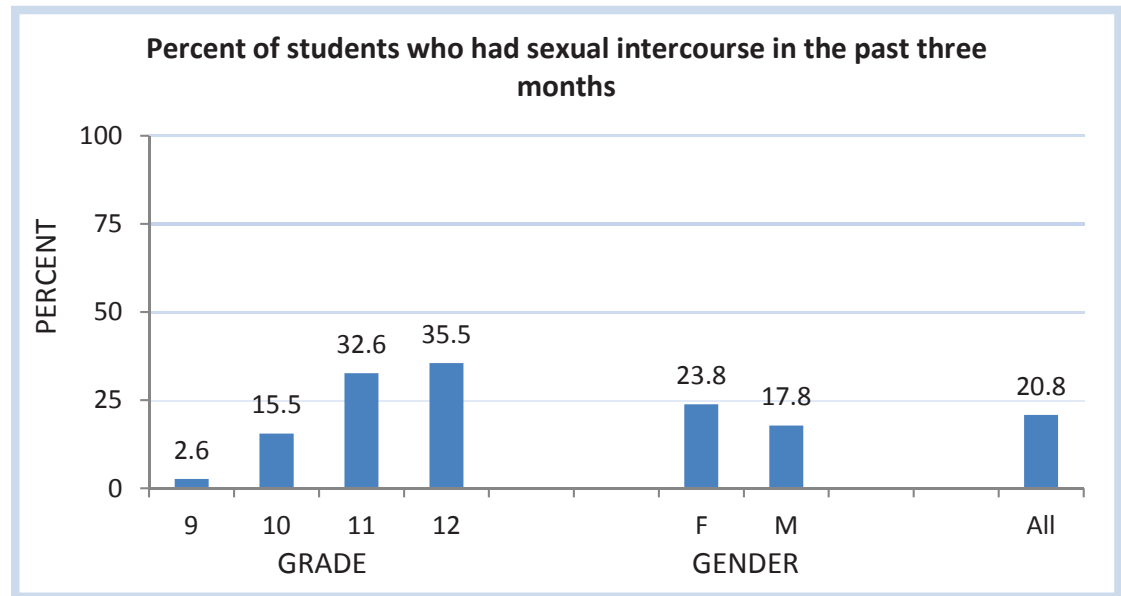
Sexual Intercourse in the Past Three Months

» **One in five students (20.8%) had sexual intercourse in the past three months.** This result is significantly lower than that reported among students in Nebraska (27.0%) and the U.S. (33.7%).

- Students in the 11th and 12th grades were significantly more likely to report that they had sexual intercourse in the past three months than those in the 9th and 10th grades.
- Students in the 10th grade were significantly more likely to report having sex in the last three months than students in the 9th grade.
- There were no statistically significant differences by gender.



Sexual Behavior



Sexual Experience

- Of all students, 5.3% reported that their first sexual encounter occurred before age 13.
- » One in ten students (10.6%) reported having four or more sexual partners during their life. This result is significantly lower than that reported by students nationally (15.3%).



Sexual Behavior

Percent of students who:	All	Gender*	
		Female	Male
First had sexual intercourse before age 13	5.3%	4.1%	6.5%
Had sexual intercourse with four or more persons during their life	10.6%	8.2%	12.8%

**Numbers too small for grade level breakdown.*

Sexual Experience

- **One in five (20.3%) sexually active students used alcohol or drugs prior to their last sexual intercourse.**
- Students in the 10th and 11th grades were significantly more likely than 9th graders to report that they used drugs or alcohol prior to sexual intercourse.
- **Six in ten sexually active students (61.2%) used condoms during their most recent sexual experience.**



Sexual Behavior

Percent of students who:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Used drugs or alcohol before their last sexual intercourse	20.3%	5.3%	29.8%	25.0%	9.1%	23.3%	17.3%
Used a condom during their most recent sexual experience	61.2%	73.7%	50.0%	65.9%	59.1%	62.5%	60.2%

Pregnancy Prevention

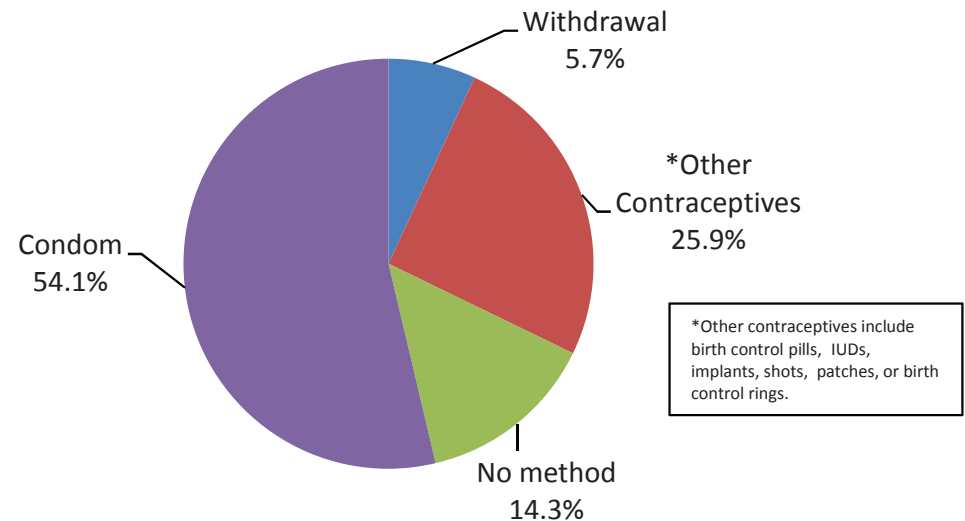
- The last time they had sexual intercourse, students most often reported that they used condoms (54.1%) and other prescription contraceptives* (25.9%) as their primary method of pregnancy prevention.
- No method of pregnancy prevention was used by 14.3% of the students.

**Other prescription contraceptives include birth control pills, IUDs, implants, shots, patches or birth control rings.*



Sexual Behavior

Primary pregnancy prevention method reported by students for the last time they had sexual intercourse



AIDS or HIV Education

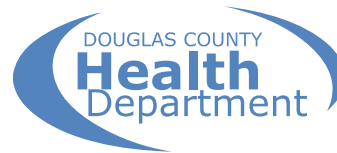
» Overall, 90.3% of students reported that they were taught in school about AIDS or HIV infection, significantly higher than what was reported by students in Nebraska (78.5%) or the U.S. (84.0%).

- Only 54.5% of the students had ever talked about AIDS or HIV infection with parents or other adults in their family.



Sexual Behavior

Percent of students who:	All	Grade				Gender	
		9th	10th	11th	12th	Female	Male
Were taught in school about AIDS or HIV infection	90.3%	93.5%	87.1%	92.4%	88.2%	92.6%	88.2%
Ever talked about AIDS or HIV infection with parents or other adults in the family	54.5%	53.8%	53.2%	57.3%	52.0%	56.4%	51.8%



Other Selected Indicators

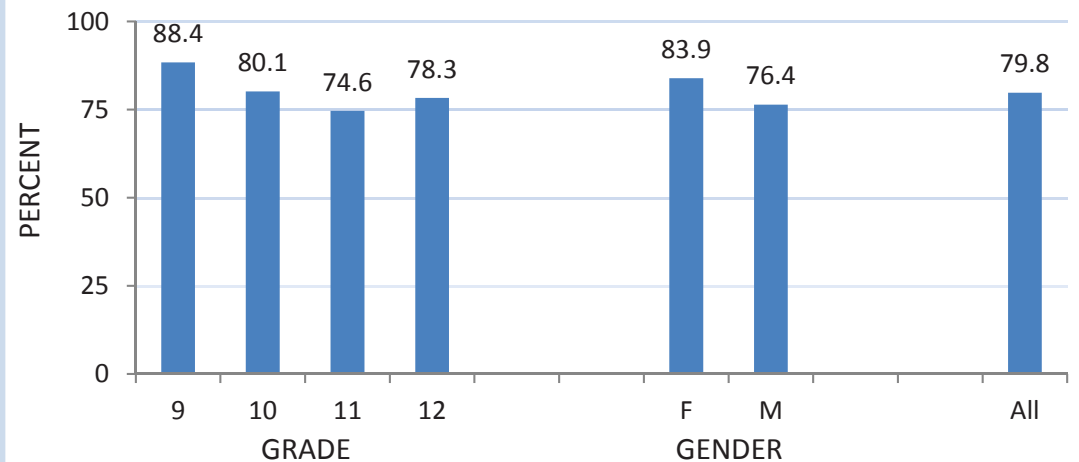
Dental Visits

- Overall, 79.8% of the students had been to see a dentist in the past 12 months.
- There were no significant differences by gender or grade.



Dental Visits

Percent of students who saw a dentist for a check-up, exam, teeth cleaning or other dental work in the past 12 months



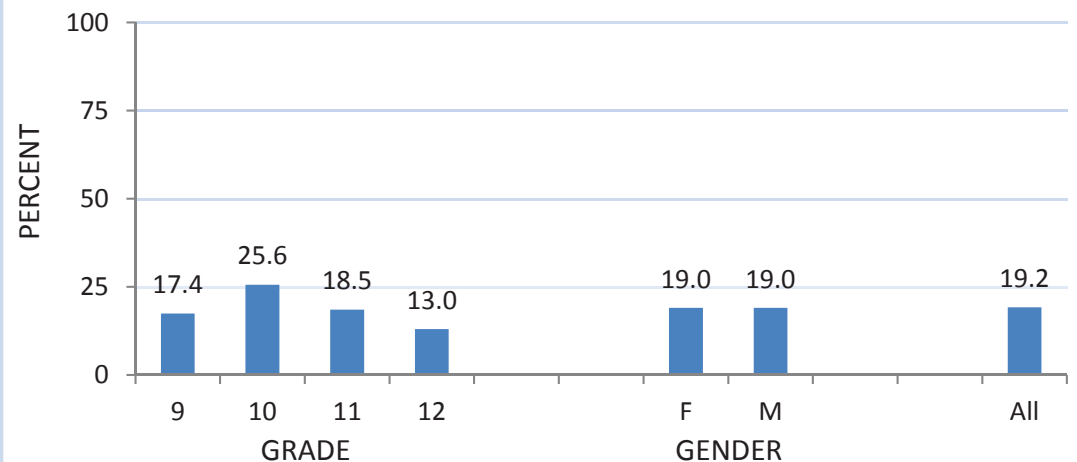
Asthma

- Of students responding to the survey, **19.2%** have ever been told by a doctor or nurse that they have asthma.
- There were no statistically significant differences by gender or grade.



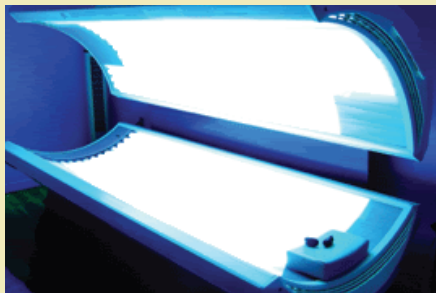
Asthma

Percent of students who have ever been told by a doctor or nurse that they have asthma

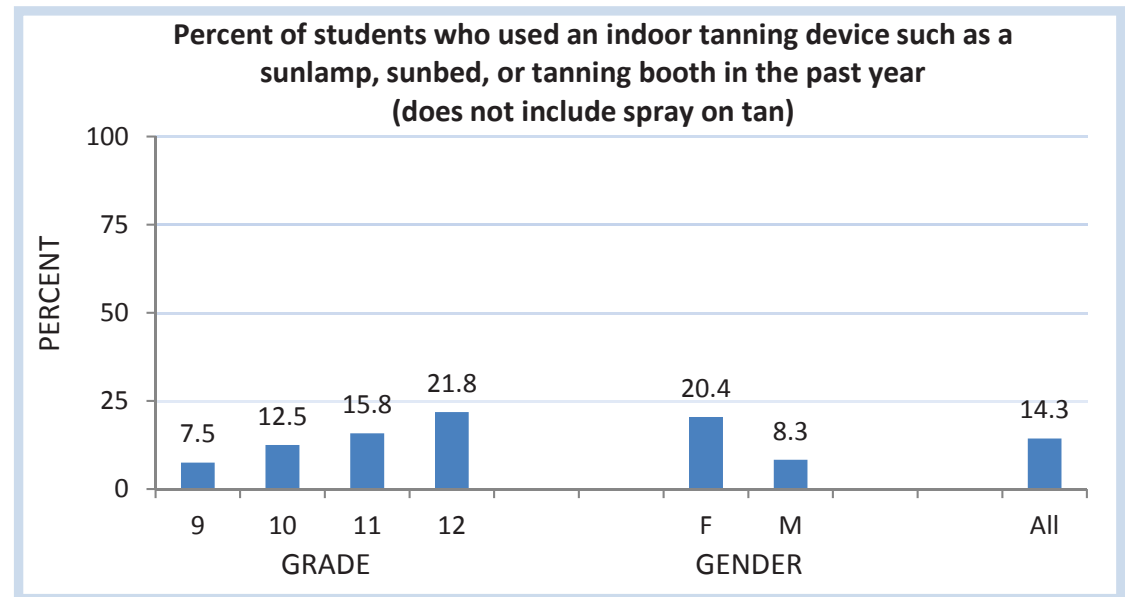


Indoor Tanning Device Use

- Of students responding to the survey, **14.3%** had used an indoor tanning device such as a sunlamp, sunbed, or tanning booth in the past year (does not include spray on tan).
- Females were significantly more likely (20.4%) to have used such a device than males (8.3%).
- Students in the 12th grade were significantly more likely to have used an indoor tanning device in the past year than students in the 9th grade.



Indoor Tanning Devices



Methodological Notes

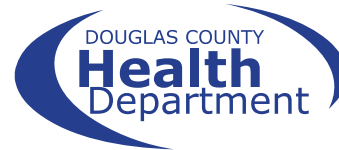
The Douglas County Youth Behavior Risk Survey (YRBS) was conducted during the fall of 2012 in all 16 public high schools. A sample of classrooms in each school was selected based on a multi-stage, cluster sample survey design. Of the 2,212 students in the sampled classrooms, 1,087 students returned parental consent forms and completed the anonymous, self-administered survey, for a response rate of 49%. The results were weighted to account for non-response and to try to more closely represent the county's public high school population. However, the response rate for this survey was not high enough for the results to be generalized to the entire Douglas County high school population. Therefore, the results should only be used to describe behaviors of those students who completed the survey.

Any changes that occur in future years may not represent true changes in behavior of all Douglas County public school students

when compared to this 2012 sample. True changes in behavior can only be assessed when comparing survey samples in which both have a high enough response rate to be generalized to the population of interest. However, we can still gain valuable insight into the risk behaviors reported by students. Statistical significance was determined by comparing 95% confidence intervals for subgroups of the surveyed students and for students nationwide and in Nebraska. Any difference mentioned in the text is statistically significant unless otherwise noted.

All student surveys included questions about tobacco, weight, nutrition, and physical activity. The surveys of three quarters of the students also included sections on personal safety, substance use, violence, and sexual behavior. The following table summarizes the demographics of the surveyed students compared to the total Douglas County public school population.

	2012 Unweighted Sample	All Douglas County Public High School Students (2010-2011)
Total	1,087 (100%)	25,275 (100%)
Gender		
Male	470 (43%)	12,944 (51%)
Female	612 (56%)	12,331 (49%)
Race/Ethnicity		
White, Non-Hispanic	719 (66%)	14,338 (57%)
Black, Non-Hispanic	90 (8%)	4,032 (16%)
Hispanic	175 (16%)	4,510 (18%)
Other	86 (8%)	2,395 (9%)



www.douglascountyhealth.com